

RARE

A critical study on *Prameha* (Urine abnormalities) with special reference to albuminuria and its management with *Candraprabhā vaṭi*

By

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ABSTRACT

Prameha is defined as a disease, characterized of urine abnormalities. In *Āyurvedic* publications are found to be rare written on a critical and analytical study on the available literature and also the various types of *Prameha* were not clinically identified according to physical and chemical nature of urine even at present. Therefore this particular study had undertaken to study the clinical entity called *Prameha* in depth. The data of the clinical and literature study strongly suggest that the essential clinical features of *Prameha* are the abnormality of either of frequency or the amount and the contents of urine. This study has also found that there is a similarity in urine of albuminuria patients with that of *Phenameha* and *Sāndraprasādameha*, types of *Kaphajameha*. Apart from the above two types of *Prameha*; *Sāndrameha*, *Śukrameha*, *Udakameha*, *Sikatāmeha*, *Śanairmeha*, *Piṣṭameha*, *Iksuvālikārasameha*, *Madhumeha* and *Raktameha* also were identified on the basis of textural clinical features and genuine clinical features and investigational features of the subjected to the patient. As mentioned in literature, augmentation of *Kapha Doṣa* was observed among the patients in this study and the findings of the study strongly suggest that the *Dhātvaḅnimāndaya* is more responsible for albuminuria rather than *Jaṭharāḅnimāndaya*.

Among the various treatments prescribed for *Prameha*, *Candraprabhā vaṭi* the test drug is a well known remedy mentioned in *Śārāḅgadhara Saḅhitā* but this *Vaṭi* had not been studied scientifically. Further the *Candraprabhā vaṭi* has not been evaluated clinically on albuminuria and also this *Vaṭi* has not been evaluated its anti-oxidant, diuretic and anti-inflammatory activities that could be supportive for the reduction of albuminuria. Subsequently, the data of the study revealed that the *Candraprabhā vaṭi*, positively and significantly reduces albumin in urine. Apart from that the test drug improves the clinical signs and symptoms of *Prameha* and also the positive anti-oxidant, diuretic and anti-inflammatory properties of the test drug have been proved in this study which is partly attributed to the effectiveness of the test drug.

In view of the observations and results obtained in this study, it can be concluded that the test drug *Candraprabhā vaṭi*, is a very effective and safe *Āyurvedic* preparation that could be used in the treatment of albuminuria.

Key words: Albuminuria, *Āyurveda*, *Candraprabhā vaṭi*, *Kaphajameha*, *Prameha*